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CANADIAN HOME ECONOMICS JOURNAL

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CANADIAN HOME ECONOMICS ASSOCIATION

- Metric and Education
- Home Economist & Changing Role of Women
- An Exploratory Study of Some Textile Product Fires in Edmonton
- Population, The Ultimate Pollutant
- Housing, The Total Environment
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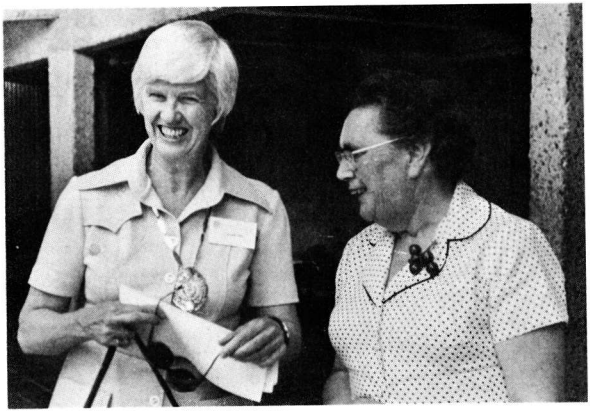
President's Message



Margaret Pope, CHEA President and Isabel Horne, IFHE President.

An important guest attending the CHEA 1975 Conference in Montreal was Miss Isabel Horne of Australia, President of the International Federation for Home Economics.

In Canada to participate in preliminary planning for the XIIIth International Federation for Home Economics Congress to be held in Ottawa, July 1976, Miss Horne explained the Congress theme "Life . . . Not just Survival" was chosen to help illustrate the vital role that Home Economics can play in the utilization of world resources, both material and human.

During the week long meeting, plenary sessions have been planned on various aspects of ecology and the quality of life: consumption, conservation and change, and noted speakers have been invited to participate. Discussion groups will have further opportunities to perceive and understand trends around the world and to assess the imbalances and complexities of the global situation.

In the development and implementation of constructive and plausible recommendations for the future, home economists can play an important part as agents of change in the modification of our environment and our values system. The XIIIth International Federation for Home Economics Congress in Ottawa promises to be an exciting and challenging event next July.

Plan now to participate in the 1976 Congress and to become involved in the program dynamics affecting the preservation of our resources and the quality of life.

(Mrs.) E. Margaret Pope
President C.H.E.A.

METRIC and EDUCATION

by Isabelle Morrison, CHEA Metric Committee

June 1978 is the target date for elementary and secondary education to be predominantly metric. While it is true that some educational jurisdictions have decreed that all subjects must use only metric beginning in 1975, in most jurisdictions the major thrust for conversion to metric is 1975 and 1976 for elementary schools and 1976 and 1977 for secondary schools.

The 1975 date for programs to be predominantly metric has created problems for teachers of Home Economics. While it is true that most of the sector committees under the Metric Commission have completed the investigative and planning phases and that scheduling and implementation in some economic sectors has either been established or is in the final approval stages, there is a time lag between decisions of the committees and appearance on the market of retail products. People, often in mathematics and science who are knowledgeable in metric but unfamiliar with the problems in an applied field such as Home Economics, do not always understand this time lag. In these days of tight budgets, Home Economics teachers should resist purchasing equipment and supplies until products made to Canadian metric standards are on the market.

Manufacturers have access to the standard (1) developed for kitchen measuring devices, and some of these are now available through companies specializing in metric equipment and supplies (2) and eventually will appear in the housewares section of stores. Liquid measures have been available for some time. Ideal baking temperatures and internal cooking temperatures for meat have been identified and these should serve as the basis for temperature scales on thermometers.

Now that some of the crucial decisions for food preparation have been made, and measures are available, those people involved in recipe development have the tools to begin work. If a group of teachers, with sufficient expertise and enough time, wish to become involved in developing metric recipes, CHEA has produced a *Metric Style Guide for Recipes* (3) which will provide crucial information. The guide is available from the CHEA National office. In addition, there are a few recipe booklets already available, two from Maple Leaf Mills and one from Corning Glass Works of Canada (4) with others in the preparation stage no doubt. Authors of cookbooks are still handicapped because package and can sizes have not been decided.

What can teachers of Home Economics do until more equipment and resources are available? If you haven't already done so, become knowledgeable about SI (Système d'Unitès), the metric system Canada is adopting. The Illinois Teacher of Home Economics (5) sponsored a correspondence course on metrics in 1975-1975. The lessons are well developed, conform to SI style and are an almost painless way to learn SI. In addition, the Council of Ministers of Education has authorized the publication of a

Metric Style Guide. It will be distributed to every elementary and secondary school teacher across Canada during 1975-1976. It is authoritative, easy to understand and has a good index.

Food tables in kilojoules may be unavailable for some time. A working group is currently studying the proposed adoption of kilojoule to replace the kilocalorie as the unit for food energy. While the initial recommendation by some has been to adopt the kilojoule, the question of when and how continues to be studied. Since the Canadian Dietary Standard has just been revised, there are other changes to be made to the food tables as well as converting serving sizes and food energy to SI.

The Food Models (6) in the United States include both kilocalories and kilojoules in each serving of food. A word of caution — the percentages of any nutrient are for the Recommended Dietary Allowances in the U.S. and not for the Canadian Dietary Standard, old or new.

Conversion costs can be reduced by timing the replacement of equipment and resources so they are replaced at the end of their regular life span. Some measuring materials will be required very early but many books and most equipment can be modified until they must be replaced either because they are out of date or old. Make some lists under the following headings: equipment needed to understand SI; equipment which must be replaced; equipment which can be modified. Remember, some of this equipment can be borrowed from mathematics or science departments, as many teachers are already doing.

Now it is up to you, the teacher. Until such time as all your students are familiar with SI it will be necessary to teach students metric terminology as well as its application in Home Economics. In general, it is easier to introduce one new idea at a time. The linear measurement terms of metre are relevant to both clothing and housing; volume in litres and millilitres, mass in kilograms and grams, and temperature in Celsius can be learned most easily in food preparation and buying. The Illinois Teacher (5) is continuing its *Teaching Metrics* lesson series in 1975-1976 and these will give you ideas. Even if it is not possible in 1975 to do all your Home Economics teaching using metric units, it is important to begin. Students need to become familiar with SI, not only so they will find the conversion easier but also so that they will be able to interpret metric conversion to their families and communities. Plan at least one unit for this year. Once you get your feet wet, SI is Simple.

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1. *Kitchen Measuring Devices Standard — 26 — GP — 3M,* $2.00.
   Standards and Specifications Branch Department of Supply and Services, 88 Metcalfe Street, Ottawa, Ontario K1A 0S5
2. *Household Measures* (Dry — 250, 125 and 50 ml; Small — 25, 15, 5, 2, 1 ml)
   Merland Scientific Ltd., Box 208, Port Credit, Ontario (See ad in June Journal.)
   Spectrum Educational Supplies Limited, 9 Dohme Avenue, Toronto, Ontario M4B 1Y5
   (Liquid — 1 litre, 500 and 250 ml in housewares department of stores.)
3. *Metric Style Guide for Recipes*
   Canadian Home Economics Association, National Office, 409A, 151 Slater Street, Ottawa, Ontario K1P 5H3

4. *"How to Metricook"*
Maple Leaf Mills, Limited Home Service Bureau, 43 Junction Road, Toronto, Ontario M6N 1B5
"Cooking the Metric Way"
Corning Glass Works of Canada, 135 Vanderhoof Avenue, Toronto, Ontario M4G 2J3
5. *Illinois Teacher of Home Economics,* $8.50 a year
351 Education Building, University of Illinois, Urbana, Illinois 61801
Volume XVIII Nos. 2, 3, 4, 5, — Metric Lessons; Volume XIX Nos. 1, 2 — Teaching Metrics.
6. *Food Models (1973 revision)*
National Dairy Council, 111 North Canal Street, Chicago, Illinois 60606

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THE HOME ECONOMIST AND THE CHANGING ROLE OF WOMEN

*by Dr. Marjorie East**

Text of address given at the June, 1975 CHEA Convention, McGill University Montreal.

Home Economics is about women in their domestic role and that makes us a perfect target for those who believe domesticity is a bad thing — especially when associated with women. Women have suddenly become the topic everywhere and are receiving much attention lately from everyone. The flood of books and articles about women and their changing roles rolling off the presses really isn't sudden. In spite of the talk the idea of changes in acceptable roles for women is not a new phenomena. The 1903 Lake Placid Proceedings of the Conference dealt partially with role changes for women. It was stated there that the household was changing from a producing unit to a consuming unit.

Several different ideas co-exist today about Home Economics. Four models about Home Economics have each been in existence since the early 1900's.

1. This the most common idea in most people's minds. It doesn't teach all domestic tasks — just those parts that have to do with women in the nurturing, domestic subservient role in marriage. Women must be sexually attractive to get a husband. This model could be called "Training for Gracious Womanhood".
2. Inductive Reasoning. It is associated with all types of activities: cooking, crafts, sewing, furniture refinishing. It was believed that laboratory and shop work cultivated qualities of accuracy and precision. Hands on experience with the real thing was important and lead to important intellectual traits and generalized basic insights. Models one and two are often combined so that we learn to do household tasks associated with gracious womanhood.
3. The study of laws, conditions, principals and ideas concerned with man's immediate physical environment and his nature as a social being. The model of applying science for the benefit of everybody in their daily lives. It says that every home economist will have some idea of Chemistry, Biology, Psychology and Economics. Every home economist will study Nutrition, Consumer Economics, etc. This model is basic to the concept of Home Economics as human ecology.
4. The oldest model of them all — Aristotle's model. He called it economics, which means in Greek, household management. Thus economics is our real name and as women we have not been very grabby. Aristotle saw economics as one of the main categories of knowledge and saw good households as important to produce the 'good life'. The good life was a life which produced good people.

All four of the above models are influential and important today.

**Dr. East is Past-President of the American Home Economics Association and Chairman of the Home Economics Education Department of Pennsylvania State.*

Is Home Economics the enemy today? Does it perpetuate the sexist image of a bird-brained, dull wife? Do women give up individuality for a wedding ring and a meal ticket? The answer depends on which model is being followed.

The domestic role is important and does not come naturally. We feel comfortable in this role because it is what we learned. If you learn something well you enjoy it and feel comfortable with it. We enjoy doing what we know how to do and we defend if because it is important. *We need to look more carefully at what we are doing, even though we enjoy doing it.*

In high school Home Economics classes, we assume that all students enrolled are female and texts are all addressed to the female model. In texts we ignore men between the ages of five and thirty. We continue to teach sewing, furniture refinishing and other tasks which are fun to do but are not essential. We need equal time in class to learn about using goods and services outside the home. Home Economics texts and courses should be geared to both sexes.

In our society the female career aspect is secondary to the primary aspect of becoming a wife and mother. We do this by portraying wife and mother roles as full time activities. It is only in the recent years in this century that women have devoted full time to household tasks and child rearing. We rear girls and boys to believe girls are not feminine unless they are attractive. We assume that females are destined to become dependent upon males and teach passivity as part of the female role.

How can Home Economics courses be re-designed, keeping models 2, 3 and 4? This must be done to do society a real service.

"OUGHTS" FOR RE-DESIGNING HOME ECONOMICS COURSES.

1. Home Economics ought to be required of all students; both boys and girls.
2. Home Economics ought to have course content re-designed to omit content not appropriate to both sexes.
3. Home Economics ought to focus on home service and production and the use of consumer goods and services. Home service and production skills should not be omitted because they are useful to those interested.
4. Home Economics ought to focus on interpersonal relationships, emotional relationships between people, on inter-generational living, on child and adult development of both sexes. Home Economics has focused on development of the pre-school child; what about the development that takes place after marriage?
5. Home Economics ought to focus on how to achieve the good life-primarily the thinking, the goal setting, decision making aspects of management.

How has Home Economics helped women?

1. In the early part of this century, Home Economics provided a place for women to study.
2. In secondary schools, we have kept girls in school. They like and understand what we teach.

3. We have given confidence to many girls, there is something about confidence that is catching.
4. It has been the route to the top in the University hierarchy. Women trained in Home Economics for leadership roles.

Are home economists doing everything we can and should for women? We are educated women and in that sense, we are liberated women. We are not chained to the stove. Maybe we talk a more conservative story than we live! Home economists need to keep thinking about what we do believe, what we do want for our society, what we are doing and what we need to do to achieve our goals.

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An Exploratory Study of Some Textile Product Fires in Edmonton

by E. M. Crown

Assistant Professor, School of Household Economics, The University of Alberta

Research conducted at the University of Alberta, November, 1972 – October, 1973

ABSTRACT

A study is presently being carried out in Alberta to investigate several factors which may be important in assessing the flammability hazard of textile products. The results of a year-long pilot study are reported here. In co-operation with the Edmonton Fire Department and two hospitals, samples of fabrics from 42 textile fires were collected and analyzed for fiber content and fabric construction details. Interviews provided additional information about the products and the fires. The data collected in the pilot study indicated considerable involvement of cellulosic fabrics, mattresses and other bedding items. Most of the fires resulted from some form of carelessness, for example, smoking in bed.

INTRODUCTION

In recent years there has been much concern over the number and severity of injuries and the amount of property damage associated with burning fabrics. Canadian standards for textile flammability which have been set by amendments to the Schedule of the Hazardous Products Act[1], eliminate from the Canadian market those fabrics which are classified as dangerously flammable when tested in accordance with ASTM Method D1230-61. In addition, fabrics of intermediate flammability are not to be used for children's sleepwear or for certain bedding items. The fabrics involved in most fires, however, are considered to be of normal flammability according to ASTM D1230-61, and it is likely that more stringent standards may be necessary for some products. Crown (1973) stressed the need for better flammability standards.

In order to set realistic standards, it is necessary to identify and characterize those textile products which have proven to be hazardous. As well as suggesting the products which need to be regulated, such information would be useful in determining which test methods are the most valid measurements of the flammability hazard of various textile products and should therefore be incorporated into flammability standards. As comprehensive data of this type does not yet exist in Canada, it is imperative that it now be collected.

As well as data on the textile products involved in fires, the following information about the fire would be useful: location, persons involved, their activity at the time of the accident, ignition sources, and the extent of injury or property damage.

[1] *Orders in Council P.C., 1971-2276 and 1971-2277.*

The National Electronic Injury Surveillance System (NEISS), with 119 hospital emergency rooms reporting, is a statistical sample of hospitals throughout the continental United States. The data reported daily can be used to identify those products which pose a hazard due to the frequency and severity of injuries they cause. Little if any information is obtained about the fabrics associated with injuries, but the system could serve as a source for follow-up investigations. Some such investigations of textile fires have been carried out for the Bureau of Product Safety, U.S. Department of Health, Education and Welfare. Reports to date, such as the Fourth Annual Report to the President (1972), emphasize data on circumstances surrounding the accidents, rather than data on the types of fabric involved. Investigations have so far dealt mainly with fires causing injuries. There seems to be no U.S. system comparable to NEISS for collecting data on textile fires which cause extensive property damage but no injury.

Canada does not yet have such an injury data collection system. Williams-Leir (1967) studied deaths from clothing and bedding fires in Ontario from 1954 to 1963, reporting for the clothing fires the garment type and fiber content when known. No comprehensive study of textile products involved in fires has yet been reported, however. Such a study is presently being conducted in the Province of Alberta to investigate several factors which may be important in assessing the flammability hazard of textile products. The main objective of this study is the collection and analysis of fabrics involved in fires in Alberta, including all clothing fires and fires which originate from the ignition of household textile products, providing that property damage in the latter is at least $200.

Information about the prior treatment of the fabric, the garment types, the clothing systems and circumstances surrounding the accident is also being collected.

The data reported here were obtained during a one-year pilot study in the City of Edmonton. The pilot study was primarily carried out to perfect the mechanics for data collection and to collect preliminary data to be used as a basis for determining the sampling plan for the larger study. Sufficient data were obtained, however, to indicate some interesting trends.

PROCEDURE

A. Reporting of Cases and Collection of Samples: Fires in which household textiles were the first product to ignite or were quite instrumental in causing the fire to spread were reported by the Edmonton Fire Department, who also forwarded samples of remaining textile products. Some products were not collected because they were completely consumed or were discarded. In these cases, Fire Department personnel attempted to report information about the product, and some information was obtained during interviews. Clothing fires leading to injury were reported by two Edmonton hospitals and the Edmonton Fire Department. Clothing fires included those for which the clothing was not the first product to ignite because it has been shown that regardless of the initial ignition product, injuries are more serious if the clothing ignites (Crikelair, 1969).

B. Textile Analysis: Analysis was carried out in the laboratory to determine qualitative fiber content, fabric construction, fabric count, fabric weight, surface characteristics, and yarn construction (number of plies and fiber length). In addition, some fabrics were sent to the Consumer Standards Directorate, Department of Consumer and Corporate Affairs, for finish analysis. (The results of these finish analyses are not included in this report, since very few were received back by the time of writing.) Although complete textile analysis was possible in most cases when samples were received, some analyses could not be carried out for samples which were too small or too charred.

C. Interviews: People involved in the fires were contacted shortly after the accidents. Whenever possible, the victim or person most closely involved was interviewed. Most of the interviews were carried out in the subjects' homes, but toward the end of the study, some interviews were done by telephone.

In general, most victims were quite willing to co-operate. Of a total of 42 possible interviews, only 9 could not be carried out because the persons involved either could not be contacted or did not wish to participate.

D. Analysis of Data: Data from all sources were coded for computer analysis. The frequency of each value for each variable (for example, fiber content) was determined, as well as cross-tabulation of certain sets of variables.

Fig. 1 Fibre Content of Textile Products Involved

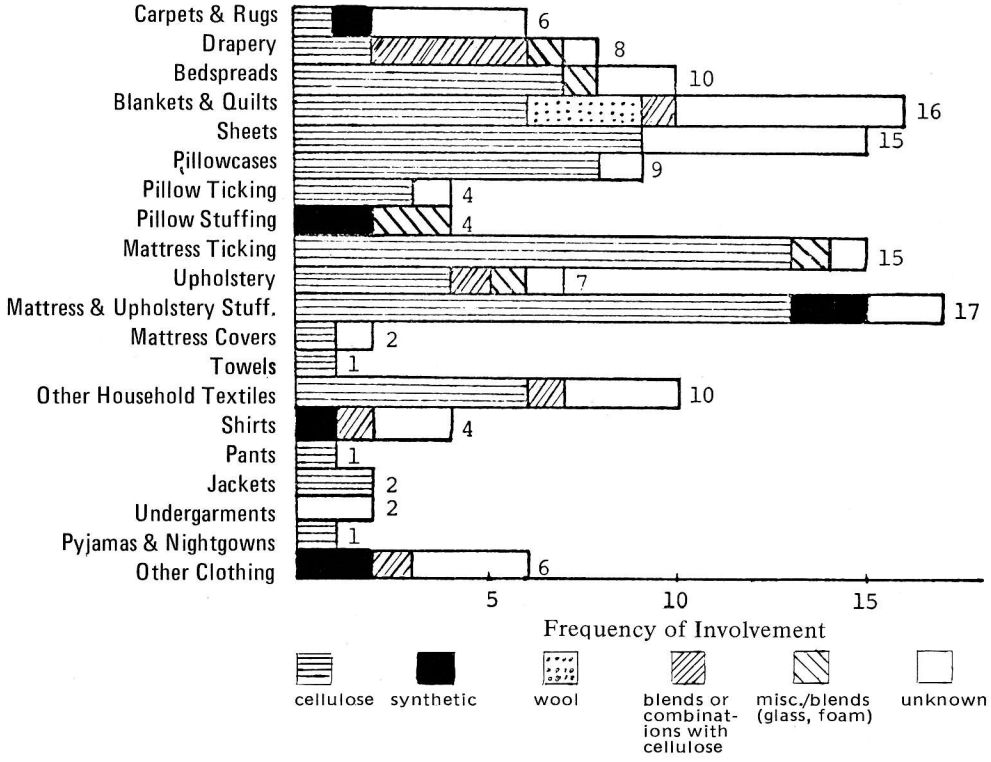

TABLE I: SUMMARY OF FIRES

Case No.	Fire Incident	Textile Involvement	Personnel Involvement
1-001	smoking in bed	wool/cellulose blanket, cotton sheet, rayon blend bedspread, mattress ticking	adult male (16-18 yrs) burned hands
1-0002	textile products caught on fire in clothes dryer	cotton pillowcase, cotton towel, cotton/rayon sweater, face cloth, lingerie	no injury
1-0003	lit cigarette dropped on car seat, victims under influence of alcohol and drugs	rayon/nylon car upholstery	adult male (16-18 yrs) no injury
1-0004	suspected arson in an office	*clothing not worn:* wool/acrylic sweater, cotton jeans, raincoat, cotton undershirt, cotton long underwear, cotton T-shirt, men's briefs, rayon/polyester brocade vest, winter jacket, burlap sack	no injury
1-0005	child playing with matches	cotton flannelette sheet, rayon/cotton mattress ticking, wool blanket, sheet, bed clothing	male child (3 yrs)
1-0006	cigarette caused fire	wool blanket, cotton sheet, cotton mattress inner-ticking, cotton mattress stuffing, quilt, nightgown	adult female (31-45 yrs)
1-0007	fire in children's room	*clothing not worn:* cotton terry cloth bathrobe, wool sweater, acrylic sweater, cotton drapes, upholstery	no injury
1-0008	closet fire cause unknown	*clothing not worn:* polyester slacks, acrylic slacks, wool slacks, acrylic sweater, polyester blouse, acetate lining, acrylic pile jacket, nylon jacket	adult male (31-45 yrs) burned upper limb
1-0009	intoxicated, continued drinking and smoking in bed	mattress (cotton ticking), blanket (cotton, nylon, acrylic), wool blanket	adult female (22-30 yrs)
1-0010	cigarette fell on bed	mattress, mattress cover, bedspread, sheets, pillowcase, comforter, wool blanket	adult male (31-45 yrs) burned hands
1-0011	unshaded lamp fell on bed ignited bedspread and sleeping bag	cotton mattress padding, cotton mattress ticking, cotton bedspread, cotton/polyester sleeping bag, sweater, nylon socks	male child (9-10 yrs) no injury
1-0013	unknown	cotton quilt (polyester filling)	no injury
1-0014	smoking in bed	rayon mattress ticking, cotton/rayon/acetate mattress, stuffing, cotton sheet	adult female (31-45 yrs) no injury
1-0015	faulty water heater ignited pile of textile items	cotton pillowcase, rayon/acrylic blanket, rayon tablecloth, cotton scatter rug, wool carpet, slacks	no injury
1-0016	television started fire, curtains and carpet ignited and spread fire	curtains, nylon shag rug	no injury
1-0017	spark from short in cord ignited drapes	acetate/rayon drapes, cotton drape linings	no injury
1-0018	sun reflected from mirror onto the bed and started the fire	cotton sheet, cotton bedspread, wool blanket, cotton mattress padding, mattress stuffing, rayon mattress ticking, nylon shag carpet	no injury
1-0019	cigarette was left on a bed	cellulose mattress padding, cotton mattress ticking	adult female
1-0020	faulty light cord shorted igniting chesterfield	upholstery stuffing - cellulose/wool, jute spring covering, cotton/polyester bedspread, cotton/acrylic chesterfield cover, cotton bedspread, cotton quilt - cotton/rayon/wool filling, nylon shag carpet, glass drapes	no injury
1-0021	boy playing with matches	cotton pillowcase, cotton mattress ticking, cotton mattress stuffing, rayon/nylon carpet, polyurethane foam pillow, cotton/polyester dust ruffle sheet, bedspread, blanket, quilt, shirt, wintercoat	male child (5 yrs) no injury
1-0022	under influence of alcohol fell asleep with a cigarette	blanket, sheet	adult male (46-55 yrs) *fatal - asphyxiation
1-0023	woman very sick (possible heart attack): lit cigarette fell on chesterfield	rayon/nylon upholstery, rayon/acetate drapes, cotton drapery lining, carpet, clothing worn	adult female (66-77 yrs) *fatal - asphyxiation

TABLE I: SUMMARY OF FIRES (Continued)

Case No.	Fire Incident	Textile Involvement	Personnel Involvement
1-0024	retarded boy playing with a lighter	mattress padding - mixed fibers, cotton mattress ticking	male (16-18 yrs) no injury
1-0025	under influence of alcohol, lit a cigarette and fell asleep	jute spring cover, mixed fiber, mattress padding, cotton mattress ticking, cotton pillow-slip, cotton pillow protector, cotton pillow ticking, feather and foam pillow stuffing	adult male (19-21 yrs) no injury
1-0026	cigarettes	cotton upholstery	adult female
1-0027	fire set by patient (in hospital) lighter found by bedside	cotton cubicle curtain, nylon mattress ticking, polyurethane foam mattress, cotton housecoat, cotton pillow tickings, (2) cotton pillow-case, (2) polyurethane foam chips, cotton sheets (3), cotton blanket, cotton bedspread, nylon slippers	adult male (46-55 yrs) no injury
1-0028	boy playing with a lighter in the closet	*clothing not worn:* cotton shirt, nylon sweater, acrylic sweaters (2), polyester slacks, polyester pant-suit, cotton shirt, cotton/polyester shirt	male child (3 yrs) no injury
1-0029	cause unknown	acetate/rayon drapery, cotton/rayon/ polyester upholstery	adult female (75 yrs) shock plus burns to face hands and arms
1-0030	child playing with matches	acetate/rayon drapery, rayon/nylon drapery heading, mattress (polyester stuffing), quilt, clothing, sheets	male child (3 yrs) no injury
1-0031	possibly cigarette	cotton/rayon upholstery	
1-0032	fire in closet, cause unknown	*clothing in closet:* polyester blazer, corduroy jacket, leather jacket	no injury
1-0033	boy playing with matches	acetate/rayon/cotton quilt, cotton/ polyester/rayon filling, cotton/rayon/ nylon blanket, rayon mattress ticking, sisal mattress stuffing	male child (5-6 yrs) no injury
1-0034	cause not known	*clothing in closet* including: wool coat, hair canvas interfacing, chamois lining, acetate/cotton, rayon lining	adult female (31-45 yrs) no injury
1-0036	woman set fire (possible suicide attempt)	*clothing in closet*	adult female (31-45 yrs) non-fatal asphyxiation
2-0001	explosion, lit a match in presence of gas	acrylic pile jacket lining, nylon exterior mixed fiber filling	adult male (22-30 yrs) burned head, hands
2-0002	contact cement fumes ignited by pilot light on stove - victim injured in attempt to extinguish fire	nylon/polyester shirt	adult male (31-45 yrs) face and hands burned
2-0003	vest caught fire from front burner of electric stove while leaning over to stir on the back burner	acrylic vest, rayon lining, polyester lining	female adult (31-45 yrs) no injury - protected by other layers of clothing
2-0004	gas came in contact with pilot light in a heater	cotton trousers, cotton/polyester work smock, acrylic/cotton interfacing long underwear, socks, shirt, work overalls, cap	adult male (56-65 yrs) serious burns to face, hands, neck and limbs non-fatal asphyxiation
2-0005	candle wax fell on woman's legs	nylon pantyhose	female adult (16-18 yrs) burns to legs
2-0006	fell into burning garbage while unloading garbage truck	polyester/cotton shirt	adult male (22-30 yrs) serious burns to face, hands, arms
2-0007	fire while working on car	cotton jacket, shirt	male adult (22-30 yrs) burns to face, arms
2-0008	child playing with matches	rayon/cotton nightgown	female child (7-8 yrs) burns on lower limb

RESULTS AND DISCUSSION

Forty-two fires were studied in detail, including 8 clothing fires, 33 household textile fires and 1 fire involving both. There were a total of 203 textile products involved in these fires. The totals for the data reported are not usually 42 or 203, however, because of missing data. A summary of each case is presented in Table I.

The frequencies of involvement for various types of textile products are shown in Figure 1. It can be seen that bedding items (mattresses, sheets, blankets, bedspreads and pillow cases) were very often involved. Carpets, draperies, upholstery and other household textile items were not involved as often as bedding, but their ignition caused a considerable number of fires. In addition to the data shown in Figure 1, there were 55 items of clothing involved in closet fires.

All of the clothing items shown in Figure 1 were being worn at the time of ignition. There were too few clothing fires reported to establish any trends. The only women's clothing involved were the nightgown, a nylon stocking and a vest.

It is interesting to note the fiber contents of the items shown in Figure 1. The vast majority of items for which the fiber content could be determined were either cellulosic or contained some cellulose. A similar trend was found by Williams-Leir (1967). Such data would have to be related to the normal distribution of cellulosic textiles, however, before concluding that cellulosics are hazardous. For example, the trend can be partly explained by the number of bedding items involved, as much of the bedding on the market does contain cellulose. Compared to the number of cellulosic items, there were only a few wool or synthetic textiles involved. For the 55 clothing items not shown in Figure 1 there were more synthetics (14), but there were also 20 cellulosic garments.

Almost every known fabric construction was represented in the data, but the most common were plain weave (30), twill weave (19), fiber batt (18) and rib knit (12). Most of the rib knit articles were cotton underwear associated with one fire. There were 84 woven fabrics, but only 30 knit fabrics and 11 pile fabrics involved.

The fabric weight could not be determined for 89 of the 203 articles. Those weights that could be determined varied considerably as did the fabric counts and yarn constructions, and no trend in weight, count or yarn construction could be detected. Most of the fabrics had smooth surfaces, rather than rough, open, pile or napped.

The age and prior treatment of the articles varied considerably. Although some were under one year old, many were purchased prior to the adoption of the current flammability regulations, and some were over ten years old. Most of the items had been washed various numbers of times, some had been drycleaned and some had never been cleaned. The persons involved could not remember the age of many articles and for many did not report the cleaning treatment.

Whenever a textile burns, there must be some ignition source. The ignition sources were reported for 37 of the 42 fires and their frequencies were as follows: cigarettes — 12; lighters — 4; matches — 5; flammable liquids and gases — 3; electric stove — 1; other electrical appliances — 3; electrical cords — 3; miscellaneous — 6.

Table II related the ignition sources to the textile products. As reported by Williams-Leir (1967) the number of textile fires associated with smoking materials in this study is great, especially mattress, bedding, and upholstery fires. Most were caused by adults smoking in bed or children playing with matches. Where children were involved, parents were most often at home with the children at the time of the accident, and in the majority of cases, the parents reported that they did not usually have other problems with the children.

Table II: Ignition Sources Associated with Textile Product Fires

Type of Textile Product	Ignition Sources: Cigarettes, Lighters or Matches	Flammable Liquids or Gases	Electrical Appliances or Cords	Miscellaneous*	Total
Carpet or rug	2		2	3	7
Drapery	3		4		7
Upholstery	3		2		5
Mattresses	12		2	1	15
Bedding Items**	43		6	7	56
Other Household Textiles	4		3	3	10
Clothing not worn	16		7	17	40
Clothing worn	2	9	1	3	15
Total	**85**	**9**	**27**	**34**	**155**

**Includes mirror, candle, garbage fire, contact cement, water-heater.*

***Includes bedspreads, blankets, quilts, sheets, pillow cases, pillows and mattress covers.*

In addition to the data reported above, 47 household textile fires have been reported but are not included in the data because they involved only small amounts of damage to the textile product itself. Of these, 23 involved cigarettes and bedding or upholstery, 3 involved cigarettes and other household textiles, 6 involved matches or lighters and bedding or upholstery, and 9 involved children playing with matches.

Katz (1972) reports that the data collected in the United States does not indicate that bed sheets and pillowcases present an unreasonable risk, and that data that implicates bedding as a whole also implicates cigarettes. Slater, Buchbinder and Tovey (1972) reported a significant number of textile fires associated with matches and lighters. Their data indicated that children and elderly adults (over 65) were most often the victims, and most of the burned textile products were garments.

In the Edmonton study, there was no pattern in the age of the victims, but it can be said that among the 36 cases where age was reported, only 2 were over 65 and only 5 were below 16. The victim was defined as the person sustaining injury or death, or in the case of no injury, the owner of the damaged property.

There was very little difference in the number of males and females associated with the fires, except that most of the children were male. All of the children playing with matches were boys.

Six of the persons involved in fires reported having handicaps (5 of these being poor eyesight); 6 reported some physical strain just prior to the accident (e.g. being tired); and 8 reported emotional strain. Information on the involvement of alcohol and drugs was not obtained for 22 cases, but for the 20 cases for which it was obtained both alcohol and drugs were involved in 3, alcohol alone was involved in 5, and in 1 case, drugs alone were involved.

Over half of the fires in homes started in the bedroom, the rest being distributed fairly evenly among other areas. When the interviewer was able to observe the condition of the room and home, the tidiness ranged from very tidy to very untidy, with approximately equal numbers falling into each category. A few hazards were noted in the home in 5 cases, and many hazards were noted in 3 cases..

The social status (calculated by the McGuire-White Short Index of Social Status) of the families involved varied, but the majority of cases were either upper-lower class or lower-middle class. It is estimated that most of the 9 cases where no interview took place were either upper-lower or lower-lower class. More cases involved rented than owned homes.

The clothing fires resulted in varying degrees of burns to the wearer, but there were no deaths caused by clothing burns. The type of injury associated with each fire can be seen in Table I. Property damage for the household textile fires ranged from $200, where only the textile product burned, to $33,000. The extent of property damage in fires in which draperies were involved was higher than that for other products. Otherwise, there was little indication that some types of products were associated with more extensive damage than others.

CONCLUSIONS

The number of cellulosic fabrics involved in the above fires was great. There were numerous bedding fires, especially fires associated with smoking in bed. The latter trend points out the need for better education regarding fire safety.

The great number of fires involving mattresses and other bedding suggests possible justification for more stringent flammability standards for these items. The standard for bedding under the Hazardous Products Act is somewhat more stringent than that for other textile products. At the time of writing, there is no standard for mattresses, but one is expected in the near future.

From the pilot study a few trends have been noted which should be substantiated by the results of the major study presently under way. As well, more information regarding clothing fires will be gathered.

ACKNOWLEDGMENTS

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POPULATION, THE ULTIMATE POLLUTANT

by Dr. C.F. Bentley, University of Alberta

Address to the biennual meeting of the Canadian University Teachers of Home Economics (CUTHE) held in conjunction with Learned Societies Conferences, Edmonton, June 3-4, 1975.

I first wish to express my sincere congratulations to the organizers of this conference for selection of the theme "Environmental Issues". The female members constitute half of the human population and so account for about half of mankind's consumption of goods and services. And in some (perhaps in this group I should say most!) societies women do far more than half the work. However, it is my impression that overall women have accounted for far less than half of the action and concern about environmental issues. I am therefore not only pleased to participate in your conference, I am also delighted at your interest and concern.

I was invited to discuss population from an international perspective and in the context of "Environmental Issues". The title I selected had two objectives:

- To be so broad as to leave me unrestricted.
- Hopefully to be attention arresting. We are an endangered species and most people refuse to listen to the warnings.

Let me explain how population increase threatens mankind's future.

The concept that more people are axiomatically good, generally beneficial, to overall advantage and therefore desirable has until now been fundamental in human evolution. As a consequence relatively few people or nations recognize the dangers of, much less take effective action on, continued population increase. And that despite the fact that a majority of the world's leading scientists contend that human population increase constitutes the gravest danger in the history of man to:

- World order.
- Civilization as we know it.
- Human survival.

By my title and forthright declarations of personal convictions, I seek to generate awareness, debate, concern, — and perhaps even action —, among and from this group.

My wife and I are fortunate: even allowing for grandparent bias we have two lovely grandchildren — partly because their parents say meaningful "no's". To suggest that those two darling children, aged 2½ years and 8 months, are — or will be — in any way pollutants or will adversely affect the environment seems: unnatural, a rejection of human values and sentiments, — and obviously unreasonable. But if I shed my bias, stand back, and make a coldly analytical evaluation Kathy and Cameron — and the 100 million babies to be born this year — pose an ominous threat to Mother Earth and to the inhabitants already here.

In view of the title, perhaps I should define my concept of pollutants. To me pollutants adversely affect air, land or water impairing their quality in terms of taste, healthfulness, appearance or productivity and thereby adversely affecting the quality of the environment for the human species or some of our biological associates. What I am saying is pollutants adversely affect the quality of life. Perhaps quality of life needs definition too. To me quality of life is a complex concept of several components entailing:

- Freedom and opportunity to develop in proportion to one's potential and will.
- In a pleasant healthful environment.
- With personal safety and security.
- In a society where equitable justice is enjoyed by all.
- Where adequate food, clothing and shelter are available without inordinate degrading drudgery to obtain them.
- All without excessive limitations of individual liberties because of the pressures of human numbers.

By that definition Canadians enjoy a quality of life that puts a majority of us among the most favored 1 or 2 or 3 percent of living people. As an aside: *I wish Canadians realized that fact!*

But let's look ahead. By exaggerated simplicity those 100 million babies can be divided into two categories:

- Those in the so-called developed world.
- And those in the so-called developing world.

They threaten the environment in rather different ways:

- In the developed world babies like my grandchildren will aspire to the material things we enjoy — and more, since human wants are literally insatiable.

If satisfied, those wants will use food, minerals, timber, energy, water, clothing, space, building and recreational areas in unprecedented amounts on a per person basis.

If satisfied, our demands for meats, lumber, steel, fruits, aluminum, coffee, tea, cotton, rubber and a host of other things will affect the environment here and in far-off places in an ever more significant manner as we reap and rape Mother Earth of renewable and non-renewable resources on a global scale.

We are unreasonably and unjustifiably prone to contend that population problems and environmental problems are remote issues of other lands. We need to know Canadian GNP approximates that of India — and Canadians directly and indirectly probably cause as much global environmental damage as the 600 million citizens of India. Recently a citizen of a third world country bitterly listed to me examples of how industrialized countries are adversely affecting quality of life elsewhere:

- Logging for export has exterminated wild pig and chicken in areas of New Guinea where acute protein deficiency has followed removal of those foods from local diets.

- In Mali increasing exports of groundnuts to feed European livestock has caused a comparable decrease in food grains for local people to eat.
- Logging concessions in Indonesia have caused devastating erosion and floods.

And I have seen similar things such as:

- A Canadian logging operation in a Caribbean country where the entire population was being alienated by the environmental destruction being perpetrated.
- Tin mining in Malaysia creating a moonscape of farm land.
- Rubber for export occupying land previously used for tree food crops in Sri Lanka.
- Bauxite mines scarring the earth to provide ore for Canadian smelters.
- The 75-80 million babies in leading developing countries will have a rather different, but also devastating effect on this old world as they and their animals denude the earth, obliterate forests, foul the waters, and desecrate the landscape in their struggle to survive in predominantly precarious conditions where quality of living for a significant proportion will continue to deteriorate.

There's a lot of misunderstanding to the effect that Canada has attained zero population growth. Even if our two children and their children have only two children each, my wife and I are in prospect of having 8 — 14 living descendents by the time we pass on. Because of current longevity, even if human reproduction is limited to replacements only, the population will continue to increase for several decades until deaths and births come into balance. Two months ago the Edmonton paper carried a story of a 104 year-old man in Alberta with 170 living descendents. His living children and grandchildren alone total 46. Alberta has more Hutterites than any other province in Canada. The dramatic increase in their numbers and the extent of their land holdings has caused much bitter public debate in Alberta —, and I might add, elsewhere. Yet unless there is action to limit their multiplication, there will probably be 10-15 times as many of them within a hundred years.

Hutterite-like types of population increase apply in a few countries and for the LDC's as a group the approximate doubling of their numbers in 25 — 35 years will have some difficult-to-imagine environmental effects:

- Much of India is now so horrendously denuded by the depredations of people and their animals that I wonder how the land can withstand twice the assault.
- It is forecast that within the next 30 years most of the tropical rainforests of the world will be permanently destroyed in attempts, of at best low success, to use those lands for agriculture.
- In Sikkim, clearing forests on mountainous slopes for food production in areas of 100-200 inches of rainfall is sometimes eroding soil to bare rock in less than 5 years — and contributing to floods in Bangladesh.

Such events entail unprecedented damage to Mother Earth as well as high rates of extermination for a considerable part of the indigenous flora and fauna. So, too, will the "development" of about 20 million acres of predominantly marginal quality land in northern Alberta during the next 30-50 years.

We have developed such a mania for "growth" and "development" that many consider me to be sick for suggesting that it can be anything but good and desirable. I suggest you reflect on:

- What will clearing the forest from an additional 20 million acres in Alberta do to the environment?
- Axiomatically food produced from that inferior land will cost more per kilo than similar foods produced on now farmed lands here.
- Food costs as percent of disposable income will surely rise.
- Most of us know of the devastation around Sudbury from sulphur dioxide pollution, — but don't know we may do greater damage of that kind from our oil, gas and tar sand activities here unless we impose draconian-like cost-increasing controls on those activities.
- Most of Alberta's once abundant timber for lumber production has been harvested with scant replacement growth occurring.
- Environmental protection and reclamation of coal and tar sand mined areas will be very costly, if possible. Cost estimates run as high as $6,500 per acre; — and so energy costs will surely increase in absolute terms.

I hope you are getting the message that I am questioning the merits of "growth" and "development" — especially growth in human numbers — because in my opinion further increase in human numbers almost anywhere in the world *including in Canada and Alberta* is accompanied by more adverse effects than benefits in terms of quality of life and living by my definition.

Deteriorations in the quality of life are highly variable, often subtle, and are easily overlooked. Of course we easily recognize and deplore:

- The increasing tens of thousands of street people in Calcutta.
- The necessity to have doormen to unlock store doors to admit customers in Bogota.
- The commonness of choke and rob gangs in Guyana.
- The burgeoning expansion of Rio's favellas.
- The real danger of walking in Harlem or of using the New York subways at night.
- The dramatic increase in guard dogs and sophisticated electronics as home protectants.
- Atmospheric pollution which denies children fun and games at recess.
- And I could go on and on.

Thank goodness such conditions don't apply here! — at least not yet. — or do they? Let's consider:

- A bus driver brutally beaten in Toronto — while 90 watched without action.
- Gangland slayings in Vancouver and Montreal are no longer very news worthy.
- A little girl is murdered in Edmonton and there is debate about more patrols or less use of our city parks.
- When pollution indices in Calgary and Toronto exceed the safety level it's small news.
- We accept the inevitability of limitations on the number of visitors to Banff National Park in the near future.

- In Alberta we expect that new land use restrictions will impose limitations on individual actions which would have been inconceivable 30 years ago.
- We are resigned to rising crime and violence; home break-ins rose to 3 percent in Edmonton last year.

All of those deteriorations are associated with increasing, or over-population. There is ample evidence that the world is over-populated.

- The President's Commission on "Population and the American Future" reported that disadvantages from any further increase in population there will, in the Commission's opinion, outweigh any accompanying advantages. That's probably why more Americans are moving to Canada than Canadians to the United States now.
- We incorrectly think Canada is sparsely populated: Few Canadians realize that population density where 90 percent of Canadians live is higher than the average population density of the United States. And for good reason; not many people want to live in the rest of Canada!
- There is obvious, virtually world-wide, recognition that most countries are already over-populated:
  - Large numbers would emigrate from most countries, if they could find a country which would accept them.
  - A majority of countries strictly limit immigration as they recognize more people would reduce the quality of life therein.
- The most serious world tensions would be dramatically reduced, or would disappear, if the countries concerned had only a quarter of their present populations.

The simple fact is that for most of the world there are now too many people in proportion to the resources. As a result there is a low quality of living as defined — and in many places it is deteriorating.

Perhaps you are wondering: why all of this to this group? Well, most of you are women, and females constitute over half of the people. Moreover, in most societies under conditions of misery and deprivation women are more adversely affected than men.

Furthermore, children are usually most severely affected and since women are more closely associated and directly responsible for children than are men, plight of children weighs more heavily on women.

So far I've been highly negative. Let me stress we have made many advances, in social as well as technical areas, which have been highly desirable. For example, we now know, and can say or discuss things, that weren't known or were taboo a couple of decades ago. We recognize that most women have, as men have, an inherent desire for and enjoyment of a natural sex life with a considerate partner. A majority of women also desire to have children. But there is a host of studies involving most cultures, as well as a wealth of historical proofs that throughout human history most women have not intended or desired to have the number of children they have in fact had. That situation persists today with relatively few cultures where it is an exception. Women are the basis and core of the family. They usually have the primary role in and set the tone for the quality of family life. And therefore the mothers of the world abhor seeing their children:

- Suffer the effects of inadequate environments
- Wasting with hunger or bloated by malnutrition.
- Growing up deprived and handicapped by lack of the resources and development of their inherent potential.
- Women also fear the prospective arrival of yet another baby in the family — to endanger or deteriorate the family environment and quality of living.

The world wide extent of abortion clearly proves those statements.

My contention is that if most women had their way birth rates would probably decline enough to largely solve the population problem. Of course there would inevitably be some people who through arrogance or ignorance would have more children than the rest of society could wisely permit and effective action in such cases would be needed to prevent deterioration of the environment and intelligence. But let us be positive and recognize the scintillating possibilities. By the combination of:

- Our store of knowledge and technical capabilities;
- A reduction in the pressure of increasing human numbers;
- And our increasing recognition that we can and must take more vigorous steps to preserve the environment,

mankind can save itself and the environment from the inevitable deteriorations of our present course, and simultaneously lift the human family to a higher quality of life for most people — not just a favored few.

But to attain those boons someone must get action started — and soon!

- If my thesis is correct the desire of most women to have fewer children must be translated into fact.
- If I am wrong, women as the mothers of mankind must be clued in quickly.

Either way I think the problem comes clearly in your professional domain. Just as agrology is the profession with responsibility to try and meet the food needs of mankind, so I would contend home scientists probably have a greater responsibility than any other professional group to lead the campaign to reduce the rate of world population growth. Last December when I read in a New York Times Service article: "*In the last decade Home Economics has come out of its symbolic kitchen and has plunged deep into the world of social policy, pollution, energy, food shortages, over-population and alienation*", I wondered if Canadian home economists are so involved. Your theme here implies you are, but I would like convincing proof. Some agrologists are out in the front lines in the battle for more food, others are fighting valiantly at home to back them up; many agrologists are at least trying to convince the rest of society that the hunger battle is of fundamental importance to the quality of life and preservation of the environment. To that end we are earnestly pleading for the resources — the arms for our battle — with only moderate success I should acknowledge. But as a profession we are trying!

I would like to ask as much of your profession. I invite, I challenge you to engage more vigorously in more direct efforts to improve the quality of life and living for ordinary people so that they may in greater measure share in the bounties which you and I now enjoy. The girls and young

women in rural areas, the small towns and the cities of Canada need to have their horizons widened:

- They need to be convinced there are greater satisfactions, for them and their families, than just being reproduction machines.
- They need to be educated about how their family size and spacing affects their health, their homes, their children — the quality of life for the whole family.
- They need to be *shown* how they can attain a better quality of life for themselves *and their families.*

Women and girls in the villages, towns and cities of the LDC's are in even greater need of such help and education as a means to improving the quality of their lives and those of their families. We will not retain our material affluence and our eletist privileges if we continue to neglect the less fortunate people at home or abroad. I am not suggesting home scientists can or are expected to solve the problems of mankind. I do suggest they should join with other disciplines in vigorous and enlightened efforts of a practical, not an academic nature, to improve degrading conditions of life which need not be or should not continue. I'm glad to say I know of a number of activities of the types I have in mind going on here in Alberta. There are others I am aware of in other provinces. Let me give three examples.

- Home scientists are involved in a meals-on-wheels program for senior citizens and some other disadvantaged people.
- There's involvement too in helping the homemakers of families caught in the toils of the debtor's court.
- A few high school students are getting practical instruction about family budgets and related aspects of marriage.

But I don't think the scope and scale of such practical involvements of home scientists in improving the quality of life of disadvantaged Canadians is adequate to the real needs.

I think the track record of the home scientists of Canada for involvement in trying to contribute to improvement in quality of family life in the third world is dismal. During nearly 25 years of personal association here in Edmonton, as well as nationally in Canada and internationally, home scientists have been conspicuous by their absence from membership or participation in: CIIA, UNA, CUSO, IDRC, and CIDA. Recently the head of the largest division of an important international agency engaged in development work bitterly complained that he has been entirely unsuccessful in efforts to find effective home scientists to participate in the rural development and urban assistance activities which his agency considers to be essential to improvements in family living and quality of life. Temporarily and unhappily he has a food scientist trying to get something going in areas where he'd promptly employ home scientists with appropriate qualifications, aptitudes and will.

Someone once advised me not to seek political office saying: "some things you say are not very popular". I have no desire to anger or alienate people. If I have spoken bluntly it is because of my concern and impatience about the inadequancy of what we are doing to protect the human future and to improve the quality of life for people living in conditions of deprivation and

degradation that need not be continued for long. If you are concerned about the environment, you yourselves must become more informed and knowledgeable about world problems so that you will be able and willing to participate in practical meaningful ways in seeking to improve quality of life.

I have been speaking in a deadly serious manner. I've contended things are serious and if continued the prognosis is bad. It need not be so. Modern science and technology, the still great resources of this earth, and an unprecedented contemporary concern of today's people for the welfare of their fellow men in combination offer fascinating prospects for mankind to enjoy undreamed of quality of life in an environment so improved that the sense of pride and satisfaction from that accomplishment would be a significant part of that quality of life. But to realize that goal we must control the ultimate pollutant — the burgeoning human population. Will you accept a more active role?

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Housing, the Total Environment

by Judy Adamson

Home Economics teacher, New Wesminister, B.C.

Teaching "Housing" as a unit in Home Management is one of the vital and challenging tasks of Home Economics Education. Housing has ceased to be merely a topic of exploration using fixed principles but it has become an issue, not only for individual families but for communities and the nation as a whole. We can no longer observe one family's housing needs as an independent and typical problem and assume there is a process to be worked through and a solution found. The environment is no longer generous in providing families abundant housing resources and alternatives. It is one of the tasks of Home Economics Education to consider realistically the *housing environment* and to investigate the ways in which it can be adapted for family living as well as ways families can adapt their housing standards to meet the demands of the environment.

In the classroom, I design the study of Housing around three large concepts: housing as an environment for human development; housing as an expression of human values and resources; and housing as a factor in social problems. The first concept explores and tries to define the meanings surrounding such ideas as shelter, accommodation, housing, house and home. Some generalizations are determined concerning basic housing needs for healthy growth and development of individuals in a family. The second concept deals with specific external and internal forms of housing — past, present and possible future alternatives. Family housing values are determined and the standards which we have accepted as manifestations of these values. Resources in the environment are investigated in terms of those needed to maintain these housing standards. The question is posed as to whether we can expect our environmental resources to support the standards we desire. This concept also examines family allocation and arrangement of space as a reflection of a family's values and resources and whether we can expect families of the future to realize these same patterns. The third concept deals with a society's responsibility to provide housing for all its people and the consequences for the individual, the family and for the society of inadequate housing.

My Housing course begins with a questionnaire about each student's housing environment. This explores their feelings, beliefs, attitudes about their own housing environment as well as information from others living with them. Since every student is an expert on his own home environment, this can promote quite a lively discussion as well as help to establish good feelings among the students and towards the teacher. Another exercise is to have the students describe the perfect home setting that they envision for themselves for the future. This can help the teacher learn about the students' housing knowledge and expectations as well as lead to a discussion about personal and societal housing values.

A technique that I have used as a framework for the unit is a "Getting Started Exercise" for housing study. Each student is given a sheet with several columns: my housing goal, by what date, this indicates that I value . . ., resources needed, limitations, all forms of housing possible to meet my goal, the best alternative is . . . . This can lead to active research where students go out into the community to find the answers or find people in the community to come into the classroom. Any one of these columns can be focused upon depending upon the emphasis the teacher wishes to make. It can also be used at the beginning and the end of the unit as an evaluative technique for the students as well as the teacher to realize how much their housing awareness has grown.

Using collections of house plans in the classroom can be a valuable resource. Analysis and evaluation of these plans can make the students aware of standards of living space, arrangement of space, functional kitchens, storage, lighting, traffic patterns and limitless other factors concerning the internal living enviroment. There are also plans available now of multiple housing units, apartments and mobile homes.

Newspaper advertisements for housing can be a useful resource to illustrate the real housing situation. From these descriptions students can determine the cost of housing, expenses and the family budget. Another method that can be used to apply knowledge that they have acquired is to have them compose "problem cards". These could depict various housing situations by varying such factors as family size, stage in the life cycle, financial means and housing resources available. It is helpful to have the students compose them and exchange them among themselves because they often reflect more realistic and varied housing situations than a single teacher could possibly produce. The problems could be expanded by working them through with practical applications.

The concept concerning housing and its social effects can be an exciting part of housing study. Groups in society such as those on fixed or limited incomes, single parents, the handicapped or pensioners could be studied to realize their peculiar needs and what kind of housing facilities are available in the community to meet these needs. Such questions could be posed as: To what extent is poor housing responsible for broken homes, business failures, crime, delinquency, mental ailments? Is poor housing responsible for the condition of slum dwellers or are the people responsible for the poor conditions of the houses and the neighbourhood? Another concept could be examined — that of co-operative housing communities. Can this form of housing be a solution to limited physical and financial resources as well as aid personal and family relationships by their interdependence among people? What are the negative aspects of such housing and what value alterations are necessary to effect this type of housing?

I find it most effective if the students themselves become the resource people in this housing study. Their discoveries are more meaningful for them and their classmates than information passed on to them by a teacher. Often, as well, they happen upon situations and issues that would be impossible for the teacher to discover. Many times, they develop their own unique methods of investigations that are beyond a teacher's resourcefulness.

I can see, for the future, combining many experiences that I use in teaching housing into a "housing game". With games, students many times are able to "become" the people depicted and personally champion the solution to their problems.

The two areas that cause me most concern in teaching housing is my own personal housing values and biases that continually must be re-examined and the amount of time and importance credited toward housing in the framework of Home Economics Education. I have been concerned that Home Economics, having its philosophy built around "healthy" family development has become so specialized that the concern of the total environment of the family has been forgotten. We can no longer depend upon practical preparation for family living as offering a complete education for the adjustments necessary for families today and in the future.

HELPFUL TEACHING RESOURCE MATERIALS

A. Books:

The Home: Its Furnishings and Equipment, Ruth Morton, Hilda Geuther, Virginia Guthrie. Webster Division, McGraw-Hill Book Co., 1970.

Home Planning and Design, 2nd Ed., C. H. Jensen. Canadian Technical Publications, Lyndeview Publications Ltd., 1973.

It's the Family Way, Max Braithwaite. The Book Society of Canada Ltd., Agincourt, Canada, 1973.

B. Pamphlets:

The Canadian Housing Design Council, 178/180 C.M.H.C. Building, Montreal Road, Ottawa 7, Ontario.

Choosing a House Design, Central Mortgage and Housing Corporation, Ottawa, Canada.

Money Management: Your Housing Dollar, Money Management Institute, Household Finance Corporation of Canada, Toronto, Ontario, 1971.

C. Packages:

The Home: An Environment for Human Growth, J. C. Penney Co. Inc., New York, New York, 1971.

D. Films:

Films, Filmstrips and Slides, *Central Mortgage and Housing Corporation*, Regional Information Officers, Halifax, Montreal, Toronto, Winnipeg and Vancouver.

CIRCLE THESE DATES

October 17-18, 1975	Home Economics Section of the Ontario Educational Association. Holiday Inn, Highway 27, Toronto.
April 25-28, 1976	Hostex '75. Canadian Restaurant Hotel Motel Show — Toronto.
July 15-17, 1976	CHEA Convention — Toronto.
July 19-23, 1976	International Federation of Home Economics Congress — Ottawa.

Home Economists like the Braun Kitchen Machine for versatility and compactness.

The Braun mixer with its heavy-duty motor converts to five different appliances by simply slipping the attachments into the power unit. In seconds it becomes a blender, meat grinder, salad shredder/slicer, citrus juicer or coffee grinder. All full-size appliances but with the economy and storage benefits of only one motor.

As a food mixer it's unsurpassed. Powerful for tough mixing of fruit cake batter, yet gentle for your most delicate cream sauces and toppings. The heart of Braun's food preparation system is the 3-speed mixer, two mixing bowls, dough hook, beater-whisk and spatula. All designed for easy clean up.

Regardless of where your daily activities take you — test kitchen, school instruction, trade show demonstration, TV show or commercial production — there's a dependable Braun food preparation system to meet your needs.

Braun Electric Canada Ltd., 3269 American Drive, Mississauga, Ont. L4V 1B9

BRAUN

INTERNATIONAL FEDERATION OF HOME ECONOMICS BULLETIN

The Bulletin of June, 1975, has a new format. As of January, 1975, there will be only three journals each year with the June number being a double issue. The theme for the Congress in Ottawa is "Live — not Survive". The June issue includes a report on The World Food Conference in Rome in November, 1974. The IFHR was one of many non — governmental organizations (NGO) represented at the conference. In the bulletin is an article on the role of Home Economics in this area-world food supplies, distribution and use.

INTERNATIONAL ASSOCIATION OF HOUSING SCIENCE

The IAHS International Symposium on Lower-Cost Housing Problems is to be held in Atlanta, Georgia, May 24-28, 1976. Papers on topics of interest in lower-cost housing are invited for the symposium. For further information write: Dr. Herbert Bushing, Chairman, Organizing Committee, IAHS International Symposium — 1976, Department of Civil Engineering, Clemson University, Clemson, South Carolina 29631.

CANADIAN UNIVERSITY TEACHERS OF HOME ECONOMICS

If anyone is interested in a copy of the proceedings of the recent CUTHE meeting, (Environmental Issues), a limited supply is available at $4.50 per copy from the School of Household Economics, University of Alberta, Edmonton, Alberta T6G 2E2.

EDNA W. PARK LECTURE

The University of Toronto Household Science Alumnae Association presents the Professor Edna W. Park Lecture Thursday, November 20, 1975 at The Museum Theatre, 100 Queen's Park, Toronto at 8:00 p.m. Guest Lecturer with Dr. Cortez F. Enloe, Jr., Editor and Publisher "Nutrition To-day". There is no admission charge, everyone is welcome.

CORRECTIONS

April, 1975 Journal P.31, Dr. Marjorie East was in Vancouver solely as a guest of the Canadian University Teachers of Home Economics (CUTHE) and went to Vancouver to address their dinner meeting. Board members of the CHEA were invited to the meeting. She was not in Vancouver to address the CHEA.

FHA NATIONAL LEADERSHIP MEETING

On July 14-17, 1975 in Washington, D.C., the Future Homemakers of America (FHA) held its annual leadership meeting. FHA is a student Home Economics organization of half a million teenagers in the USA. There are more than 12,000 FHA chapters and 52 state associations. A Home Economics teacher guides each chapter. The AHEA and the U.S. Office of Education co-sponsor the FHA.

CONSUMER AND CORPORATE AFFAIRS

The first National Seminar on Consumer Product Marketing and the Law was held in Ottawa in June, 1975. A report of this seminar is available by writing to Seminar Summary Report, Department of Consumer and Corporate Affairs, 22nd Floor, Place du Portage, Ottawa/Hull K1A 0C9.

SALLY HENRY

Sally Henry, who was president of the CHEA from 1968-70 has been appointed to the Governing Council, University of Toronto.

SCHOLARSHIP AWARDS

Awards for post-graduate study were announced at the 1975 annual meeting of the Canadian Home Economics Association held in Montreal. Three outstanding Home Economists were honoured for their academic achievement, personal qualities and their potential contributions to the profession.

The *Silver Jubilee Scholarship* of $2,000 was awarded to Judith Wainwright of Winnipeg, Manitoba. where she majored in Child Development and Food and Nutrition. She earned a professional teaching certificate in early childhood education from U.B.C. and a B. Ed. from the University of Manitoba. Judith has lectured in their Department of Family Studies since September 1969.

Miss Wainwright is currently working towards an M.A. in Human Relations at The Merrill-Palmer Institute, Detroit, Michigan. If she returns to teaching upon graduation, Judith will likely choose the community college level to teach in the area of Child Care Services.

She has been very active in Big Sisters, CGIT., her church and working with early childhood education groups.

Gayle Hoover, Stirling, Ontario has been awarded the $3,000 *Mary A. Clarke Memorial Scholarship.* She is a 1975 graduate of the University of Guelph specializing in Nutrition. Gayle has worked as a Research Assistant at the University and plans to pursue post-graduate work in Human Nutrition.

She would like to spend a period of time overseas in a Third World country, teaching and helping to improve the nutritional status of the people.

The Carnation Company Incentive Award was won by Heather Martin of Edmonton to enable her to complete her M. Sc. degree with special emphasis on nutrition. Heather holds a B.Sc. from the University of Alberta with a specialization in Clothing and Textiles. She has taken graduate level courses in Social Work and Nutrition and hopes to complete her M.Sc. in 1976. Her present concern is consumer attitudes toward food and the food marketplace.

Heather hopes to teach an interdisciplinary approach to Food and to professionals being trained as teachers, social workers, nurses, medical paraprofessionals and other community-oriented groups. She has been a Research Assistant at the University of Alberta and a consumer counsellor and community services officer in Calgary

THE ELIZABETH LARGE MEMORIAL TRUST FUND

A Memorial Trust Fund has been established by the Home Economics Department, University of Prince Edward Island, in memory of the late Mrs. Elizabeth Large.

Mrs. Large was an outstanding member of the first graduating class of the University of Prince Edward Island. Following graduation she taught for three years in the Cunard and J. L. Ilsley Senior High School Home Economics Departments in Halifax and at the time of her death she was Senior Home Economics teacher at Stone Park Junior High School, Home Economics Co-ordinator for the Unit Three Regional School Board, and President of the Prince Edward Island Home Economics Association.

The Memorial Fund shall be known as The Elizabeth Cousins Large Memorial Trust Fund.

Contributions to the fund can be made to Mr. Murray Stevenson, Business Manager, University of Prince Edward Island and will be

tax deductible. Such funds will be invested with The Royal Trust Company and revenue from such investment will be used to provide a scholarship for a student (or students) entering the Junior or Senior year in Home Economics at the University of Prince Edward Island or to a student proceeding to graduate study in Home Economics or a related field. The criteria for this scholarship will be superior academic standing combined with a demonstrated concern for others.

The Trust Fund shall be administered by three trustees, namely, Professor Doris Anderson of the Home Economics Department, Mr. Murray Stevenson and Mr. Donald P. Large. The Trustees will decide on the number of scholarships to be offered and name a selection committee to receive and interview applicants for scholarships prior to September first each year. The first scholarship will be awarded in September, 1976.

MARGARET WILSON MEMORIAL SCHOLARSHIP FUND

Members of Margaret Wilson's family, and a number of her personal friends, have indicated that they would like to contribute to a scholarship fund in her name.

We have therefore set up a Margaret Wilson Memorial Scholarship fund. Anyone wishing to contribute is invited to do so by sending a cheque or money order to the above named fund at the Lethbridge Collegiate Institute, Lethbridge, Alberta T1J 0W4.

Details regarding the awarding of the scholarship will be sent, as soon as they are finalized, to all contributors.

NUTRITION SCARE TACTICS CITED AT CONVENTION

"The lyrics have changed but the melody remains the same," claimed Dr. George Kerr, Department of Nutrition, School of Public Health, Cambridge, Massachusetts, in an address to delegates last June at the Canadian Dietetic Association Convention in Moncton, New Brunswick. Dr. Kerr said the reliance on convenience foods has resulted in large segments of our society being uncertain about their nutritional state. Prepared baby foods have clearly resulted in overnutrition in infancy. In the desire for convenience and speed, today's homemaker has used prepared baby foods and formula which are possibly implicated in the increase of obesity in our society.

Dr. Kerr said best selling authors perpetrate off-related myths which the public believe too readily. Many people mistreat their bodies by erratically changing food regimens several times a year. Large doses of vitamins are often recommended by pseudo-nutritionists but haphazard self diagnosis and treatment are dangerous.

In the past years, the serious nutritional disorders were related to undernutrition. Beliefs that certain foods could result in harm to the baby caused women to consume deficient diets throughout pregnancy and to avoid certain foods or combinations of foods for the growing baby.

According to Dr. Kerr, current behaviour and cultural idiosyncracies have produced new nutrition related diseases, especially the diseases of over nutrition: obesity, dental caries and coronary artery diseases.

While the lyrics of food myths remain unchanged and the melody the same, Dr. Kerr could find no new concept which would remedy these conditions. Exciting nutrition education and information campaigns for the public are needed. There was a general concurrence that government and industry should take the lead in consumer education and information, particularly in nutrition.

RESOURCE FAIR '75

March 15, in the Parkland Mall, Red Deer, Alberta, Resource Fair '75 was in full swing. This event was sponsored by Red Deer Home Economics Association and the Parkland Regional Home Economics Council as a major community project. This day successfully culminated planning begun in June 1974 when a committee of Sharon Kvill, Doreen Pritchett, and Ann Peterson sent out letters to businesses, service clubs, departments of local, provincial, and federal governments. The main objective was to make people more aware of resources available to them.

The committee expanded to include: Lynette Young, Barb Schulz, Gloria Sutela, Sharon Leavitt, Jackie Anderson, Randi Sandbu, Sherri Hood, Joyce Lencucha, Jill Stavely and Marilyn Sharp.

The following organizations (for a $10 registration fee) had displays. Alberta Alcoholism and Drug Abuse Commission; New Horizons, Health and Welfare Canada; Calgary Power; Red Deer Health Unit; Health Protection Branch; Kevin Sirois Fitness Center; VON and Meals on Wheels; City of Red Deer Recreation Department; Red Deer Allied Arts Council; CAC; Alberta Cattle Commission; Family Life Education Council; Lindsay Thurber Comprehensive High School; Parkland Regional Library; Canadian Department of Consumer and Corporate Affairs; Alberta Culture, Youth, and Recreation; Canada Manpower; A.I.D.; Alberta Consumer Affairs; Parkland Regional Home Economics Teachers Council; Red Deer Home Economics Association; Alberta Agriculture; University of Alberta, Textile Department; and Health and Social Development.

Meeting with the local media gained the committee excellent cooperation. The Resource Fair would not have been successful without the coverage given by local radio and TV stations, and local newspapers. The contributions made by Kathy Romick and her art class at Lindsay Thurber Comprehensive High School, and Red Deer School District, were also much appreciated.

Comments from the public indicated interest and appreciation of the information made available. Evaluation forms filled out by participating agencies indicated that most felt the Resource Fair a worthwhile endeavor. Requests were made to make it an annual event. From committee's viewpoint, the Resource Fair was a success and paid unexpected bonuses of increased awareness by the public of home economists as professionals concerned about improving family life and of increased pride in being associated with Home Economics.

MADAME BENOIT'S MICROWAVE COOK BOOK

Canada's best known cook, MADAME JEHANE BENOIT, has compiled the most complete, up-to-date book on microwave cooking, with over 350 recipes for the beginner to the gourmet cook. Also includes chapters on the basic features of the oven, utensils, meal planning and timing charts on thawing and cooking. All dishes shown in the 16 full-colour and 16 black-and-white photographs were prepared by Madame Benoit in her own home.

Published by **McGRAW-HILL RYERSON LIMITED** and now available at your local bookstore. $10.95

Prepared by the staff of Ryerson Polytechnical Institute, Toronto.

Preferred Style Features in Dresses for Physically Handicapped Elderly Women.
J.D. Schuster and D.H. Kelly
1974
Gerontologist 14 (2): 106-109

Twenty staff members and 117 physically handicapped, elderly women from two nursing homes in Stillwater, Oklahoma co-operated in a study to determine functional and aesthetic style features appropriate for five classifications of handicaps: wheelchair; chronically ill and ambulatory; leg braces or casts; crutch cases; and bed-fast patients. In addition 10 staff members and 10 patients were interviewed to gain further subjective information.

Staff and patients differed only in their responses regarding aesthetic features. Style features beneficial for all 5 handicaps were: shift-style dresses, one-piece dresses, V-necklines, raglan sleeves, above-elbow sleeves, straight hemmed sleeves, A-line skirts, beltless and seamless waistlines, centre-front openings from neck to hem, center back bodice action pleats, zipper fasteners, convertible collars, and washable woven fabrics made of fiber blends. In addition, knits were recommended for wheelchair patients, action pleats and gussets in underarm seams for those on crutches, and tie string closings for bedfast patients. Skin allergies were cited often from wool and nylon garments. Residents identified back closures, high necklines, dresses without pockets, tight-fitting clothing and pant-suits as styles least preferred.

Adolescent Dress and Social Participation
E.A. Kelley, C.W. Daigle, R.S. LaFleur, L.J. Wilson
1974
Home Economics Research Journal, 2 (3): 167-175

Previous studies related to adolescents and social acceptance have focused on white, middle class adolescents where definite social class and ethnic differences have been found. This study was designed to focus on both black and white adolescents living in insulated poverty situations. The purpose of the study was: (a) to investigate adolescents' participation in the activities within their social milieu and the relationship of dress to this participation, and (b) to explore the sources within their social milieu from which they obtained clothing ideas.

The sample consisted of 324 eighth graders of whom 180 were black and 144 were white. The sample consisted of an equal number of males and females. Respondents were classified according to Hollingshead's Two Factor Index of Social Position.

It was found that the respondents participated in a variety of activities, many of which were school or church sponsored. Dues, if any were considered to be minimal. The majority of respondents felt as well dressed or better dressed than their peers for all activities. However some respondents felt they would participate in some clubs or activities if appropriately dressed. Many (especially working class black females) stated that sometimes the lack of appropriate attire caused them to refuse to attend certain activities. Since more white males than black males in either social class indicated a desire to participate in more activities if suitably dressed,

the authors concluded that dress limited social participation whenever respondents judged their clothing as inappropriate for the activity. The authors further concluded that the respondents' high level of participation and low level of deprivation feelings were the result of the insulated social setting where their concept of clothing norms were related to what parents could realistically afford.

In contrast to Eicher & Kelley's study (1974) where low income adolescent girls experienced peer rejection and low clothing satisfaction in a primarily upper-middle class setting, the findings of this study show that appearance has limited influence on peer acceptance and social participation when the majority of adolescents are from similar social class backgrounds.

Triticale
Proceedings of International Symposium
Et Batan, Mexico, 1-3 October 1973.
Editors: Reginald MacIntyre, Marilyn Campbell
International Development Research Centre, Head Office, 60 Queen Street, Box 8500, Ottawa, Canada K1G 3H9
1974 250 pp. Microfiche Edition $1.00

The thirty-four papers included in the proceedings of an international symposium sponsored jointly by the Centre Internacional de Mejoramiento de Maiz y Trigo, the University of Manitoba and the International Development Research Centre are an important contribution to an interdisciplinary overview of the status of the man-made cereal Triticale. Participants in the symposium presented the views and problems of the geneticist, agronomist, plant breeder, nutritionist and food technologist. Representatives of many different countries also conveyed the status of triticale in their respective countries so that an economic and political perspective could be gained. Unfortunately representatives of the USSR and the People's Republic of China were unable to attend.

Triticale is produced by the cross breeding of wheat and rye and has been shown to possess superior nutritional qualities over wheat and superior baking qualities over rye. Adaptation of this cereal grain to a more severe range of environmental conditions and promise of higher yields that top those of wheat indicate that triticale will soon be serious competition for the world's most important food crops.

The papers outlining the product development point of view and two of the nutrition papers were not available for inclusion in this publication. These omissions decrease interest for CHEA members but the publication is still of value for a complete picture of this increasingly important cereal.

Index of Food Quality
A.W. Sorenson and R.G. Hansen
1975
J. Nutrition Education 7 (2): 53-57,

Index of Food Quality (IFQ) is proposed by the authors as a means of defining nutrient density. Energy, in terms of caloric value of food portions and individual daily requirements, is used as a common denominator for evaluating nutrient value of foods. The key nutrients considered representative for general purposes were protein, calcium, iron, and vitamins A, B_1, B_2, B_3, and C. They are presented in a bar graph manner indicating percent RDA satisfied by a particular food portion, superimposed on a background that illustrates percent total

caloric requirements satisfied by that food portion.

The IFG can be expressed as follows:

$$\text{Index of Food Quality (IFQ)} = \frac{\text{Nutrients in a food quantity that contains X Calories}}{\text{Recommended Daily Allowances for those nutrients based on X Calories}}$$

The nutrient-to-energy profile can be calculated on a base line of 1 or 100% of energy and nutrient requirements.

The visual impact of the profile should be most useful in conveying the concepts of a) overall quality of food, b) contribution of a food portion to total nutrient needs, c) food complimentarity and the need for variety in food selection. It could also be used in analysis of popular diets and large scale trends in food consumption. A major factor limiting its use is the lack of complete food composition information especially for trace elements and certain vitamins.

If demand exists, further development of the IFQ and handbooks for its use can be expected from Utah State University, Dept. of Nutrition and Food Sciences.

Heat transfer printing of textiles.
I.J. Gorondi and O.S. Larson.
1975
American Dyestuff Reporter,
64(2): 53

The authors note that more articles have been written on the subject of heat transfer printing in the past three years than on any other single textile subject. Their article is a review of the background, development and market potential of heat transfer printing.

They begin by defining both what the older heat transfer printing process involved and what the current process involves. Various techniques for heat transfer printing have been known for more than forty years. The authors summarize the historical background of the process. They explain why the process grew despite its initial drawbacks of high price and slow delivery.

The market status and potential of the process is examined. The future technical innovations which will enlarge the range of fibres that can be printed using the process and which will expand the field generally are noted.

The four processes for printing the actual heat transfer paper are explained, together with details on paper stock and dyes used. Gravure, flexographic printing, lithographic and rotary screen printing processes are summarized fully: the summaries include a short description of the process, the dyes used, the costs, the papers used, etc. At the end of each description the authors have included a concise review of the advantages and disadvantages of each method.

Dye selection for heat transfer printing is explained. The authors include a short description of the mechanism by which the dye is moved from the paper to the fabric They report briefly on the suitability of the most-used dyes for the fibres being printed. They conclude by stating that heat transfer printing displays a strong growth pattern; it promises to be one of the more outstanding printing developments of this century.

Classic Canadian Cooking
Menus for the Season
Elizabeth Baird
James Lorimer and Company
Toronto — 1974
200 pages, $9.95

The author of classic Canadian Cooking has presented a nostalgic view of our cooking heritage in a cookbook of contemporary value. Elizabeth Baird has recaptured the pleasures of seasonal eating patterns with an outstanding collection of treasured recipes.

Although the book concentrates on traditional recipes collected from the Upper Canada era of Gooseberry Fool and Stone Ground Bread, contemporary recipes such as Blender Hollandaise are also included.

The book is divided into seasonal menus. Maple syrup, watercress, smelts and asparagus are featured for spring, with winter menus yielding way to "long simmered soups, robust oven dinners and spicy desserts".

There are more than 300 recipes ranging from simple to sophisticated but always with emphasis on the use of prime ingredients that are both natural and seasonal.

While the recipes are tempting, the prose is equally absorbing. Included are sections on "Historical Background", "Preserves", "Basic Recipes" and a chapter entitled "How to Use This Book". This brief chapter clarifies menus, recipe yields, measurements and use of the index.

Elizabeth Baird's Classic Canadian Cooking offers history, tradition and fine recipes to the eager student, the enthusiastic cook or the collector of fine cookbooks.

Reviewed by Karen Hodgins, Home Service Advisor, Consumers' Gas Company.

Young Homemaker's Equipment Guide (4th edition)
L.J. Peet and M.S. Pickett

This book would be a very useful reference for fourth year secondary school students, studying kitchen equipment as it contains technical details and comparisons necessary at this level. The chapters on laundry and sewing machines would be suitable background for teacher reference for other classes.

I liked the way the book was organized, chapters are clearly defined with sub-headings so searching is not necessary. The experiments, project suggestions and questions at the end of each chapter are very helpful. There are many good suggestions for student projects and activities. Diagrams are clear and well labelled but why not update some of the older photos of models (women) and equipment. I question the validity of the content when I see such out-dated photos.

I suggest that five or six copies of this book, not a class set, be purchased for the Home Economics library as a teacher and student reference.

Reviewed by Mrs. Corinne Bishop, Ingersoll District Collegiate, Ingersoll, Ontario.

So You've Purchased a Freezer!
Anna Meyer
Meyer Visual Productions Inc.
240 Eglinton Ave. E., Toronto
1974, 191 pages, $1.50

Here is a moderately priced paperback written by a Canadian hostess of consumer television programs. It is intended to tell "Everything you've always wanted to know about your freezer, freezing foods and cooking them to perfection." In easily readable form, the material is well organized and instructions given

in sufficient detail and in simple terms for anyone unfamiliar with freezing techniques. There are interesting time-saving tips and other suggestions for successful home freezing. All topics and recipes are readily located in the index both alphabetically and under many headings such as Beef, Bread, Cakes etc.

The book is divided into sections which include information on freezer management, choice of freezer and location, storage chart, directions when power fails, packaging materials, as well as preparation for freezing various foodstuffs. Practical help for buying beef and pork in quantity, characteristics of different cuts and suitable cooking methods are outlined, and, as well, directions are given for the freezing of meats and poultry, fish, wild game, vegetables, fruits, dairy products and baked goods.

More than 150 recipes suitable for family meals as well as easy entertaining are provided in the applicable sections with tips for packaging, freezing, and thawing or re-heating as required. The use of the microwave oven for quick defrosting and cooking of frozen foods is described.

Acknowledgement of indebtedness is given to Information Canada for information on blanching of vegetables and the preparation of fruit for the freezer; to the Beef Information Centre; and to the School of Food Sciences of the University of Toronto for their assistance in research.

Reviewed by M. Lois Clipsham B.H.Sc., M.Sc. Toronto.

Fabric Data
Prepared and published by Mary Humphries, M.A., L.T.I.,
55 Rameau Dr., T.H. 213, Willowdale, Ontario M2H 1T6
Revised Summer 1975, $8.25
(Described, not reviewed)

Hard times call for hard facts, Fashion Textiles Merchandisers, Communicators, teachers if you deal with textiles in Canada, you need Fibre and Fabric Information. Up-to-date, accurate technical detail is digested and translated for laymen. It is objective, unbiased readily accessible and relevant to the Canadian market. All this is provided by Fabric Data. It is a loose-leaf binder.

Guiding Young Children
Verna Hildebrand
Collier MacMillan
317 pages, $10.00

Although Guiding Young Children by Verna Hildebrand is designed for teachers of young children, it would be of interest to any adult involved with the care and education of infants, toddlers or young children. The author focused on the opportunities for interaction between adults and children and the potential or resources of each as human beings. She points out that human resources are not only renewable but the more they are used, the more they will be available for growth and development of both adults and children. Interaction between adults and children is an exchange of human resources, communication on a person-to-person basis. The teacher offers knowledge, good physical and mental health, energy and emotional stability; the child responds with energy, resulting in the positive growth of both. Throughout the book, the author stresses parent-teacher involvement, communication, joint planning, and exchange of resources.

Careful planning of the environment, of the program, of the child's 'life space', a beautiful, orderly and clean space in which to learn and to grow, is the responsibility of the adult, parent or teacher.

The author defines guidance and details direct and indirect techniques, stressing the need to be sensitive to the needs of individual children in order to use the techniniques appropriately, whether they be physical, verbal or affective. Hildebrand believes that the teacher's personal values dictate her teaching style and that teams of teachers must be comfortable with the uniqueness of each other's style. She, herself, believes that democratic and person-centered values are the most important for fostering the optimal growth and development of children.

Hildebrand discusses the importance of an understanding of current theories of Child Development and briefly looks at the unique characteristics of infants, toddlers and pre-schoolers. What constitutes quality care and education for the infant and young child? How do we allow for the special needs of individual children?

The author then suggests practical ways of fostering self direction in specific areas such as eating, sleeping and toileting, and of providing for positive growth and learning in such areas as language, science, drama and art.

She concludes with a further comment on the importance of parents and teachers working together, committed to the education and care of children. Evaluation is essential if the community is to be sure it is providing the best for its children, thus fulfilling its responsibility to all of its future citizens.

The presentation of the material is clear and interesting, useful to students, teachers and parents in their planning for infants and young children.

Reviewed by E. Joanne Briggs, Ph.D., Early Childhood Education, Ryerson Polytechnical Institute.

PAMPHLETS (described, not reviewed)

You Should Know What's Good For You

A booklet containing basic nutrition facts and advice on dealing with weight problems. Recipes, and analysis of some of Aylmer's food and the new Canadian Dietary Standard are also included. Complimentary copies in English or French, are available from, Canadian Canners Ltd., Box 540, 44 Hughson Street, Hamilton, Ontario L8N 3K6.

The Jell-O Idea Book; The Pudding Idea Book

Two colourful books prepared by General Foods Kitchens in response to requests for new recipe ideas. Emphasis is given to time-saving family desserts and special desserts for entertaining. Both books can be ordered from the following address at a cost of $1.00 each: P.O. Box 514, Agincourt, Ontario M1S 1V3.

Meeting the Weekday Breakfast Challenge

An informative folder about breakfast skipping and nutrition, which focuses on the "cereal breakfast and the nutritional contribution of each food group it includes". Pocket breakfast ideas are provided for late-risers. Copies available from General Foods Kitchens, P.O. Box 4019, Toronto, Ontario M5W 1J6.

Pasta Fun

A leaflet of tested recipes including soups, family and party dishes as well as "money-meat" stretchers and year round salads. All the dishes come with menu suggestions to help provide a delicious as well as nutritionally balanced meal. In addition, the leaflet has pointers on the preparation, quality and nutrient value of pasta, as well as tips for freezing both pasta and the accompanying sauces. Complimentary copies (single and bulk orders) may be obtained from the Canadian Pasta Manufacturers Association, Box 157, Postal Station "A" Toronto, Ontario M5W 1B2.

The Pampered Pickle – A Complete Guide to Home Pickling (1975)
A 46 page booklet featuring 34 pickle recipes and information on selecting and using equipment and preserving jars, choosing and preparing ingredients and facts about various types of pickles. There are 4 pages of black and white photographs illustrating step-by-step instructions for pickle making and 13 colour photographs help to convey the message that pickling is an interesting, satisfying and rewarding hobby. The booklet prepared by food consultant Anne Borella, is available in English or French for $1.00 from Domtar Chemicals Ltd., Sifto Salt Division, P.O. Box 7212, Department A, Montreal, Quebec.

Babies First Year – It's One To Grow On
A booklet that's certain to make feeding baby much easier. Information on commercial and homemade foods, a glossary to aid in reading labels on baby food packages and a calendar showing what foods to add each month, is included. The booklet was prepared by Nutrition Communications Systems and is available from C.B.C. Marketplace, P.O. Box 500, Toronto, Ontario M5W 1E6.

Betty Crocker's Teaching Aids Catalogue (1975-76)
A ten page leaflet describing all film strips, films, cookbooks and other publications currently available from General Mills. Instructions for ordering and order forms are included. Copies of the catalogue are available from General Mills Canada Ltd., 1330 Martingrove Road, Rexdale, Ontario M9W 4X4.

The General Mills American Family Report, 1974-75
A report about 55 million American families and their money — it's impact on their lives, their values, their hopes and fears at a time of serious national economic stress. The complete 114 page reprint is available for $1.50 from. American Family Report, Consumer Centre, Box 1113, Minneapolis, Minnesota 55440, USA. Also, single copies of a summary of this report are available free of charge from Mrs. Noreen Bennett, Consumer Services Manager, General Mills Canada Ltd., Grocery Products Division, 1330 Martingrove Road, Box 505, Rexdale, Ontario M9W 4X4.

Films

"Nutrition Know-How" Series
Produced by the Ontario Dietetic Association.

Four TV color videotapes produced on 1 inch Tape on Ampex (1VC) Recorder. Each program is about 15 minutes in length — two subjects of 15 minutes each per tape.

Series 1 is *Weight Control* and *Coping with Food Costs.* Series 2 is *Nutrition Ideas* and *Food and Fitness.* Suitable for showing on Cable TV stations, Community College and educational facilities using 1 inch videotape equipment. Full working scripts are available with tapes on request.

Tapes feature Toronto dietitians and nutritionists.
Weight Control Hostess Linda Beardall, Etobicoke Community Health Nutritionist, discusses the various problems related to controlling weight in adults and children with Dietitian Ellen Gozna and Psychometrist Barbara Fitchette. Of particular interest is the programs emphasis on the new technique of behaviour modification to control weight. Discusses fad diets and explains in detail the behaviour modification techniques.

Coping with Food Costs Linda Beardall with Guest Pat McClinton, Nutritionist, outlines our concern about the spiralling cost of food. Provides practical tips on how to control food costs. Discusses

the minimum basic nutritional needs of an individual and provides sample menus, shopping lists etc.

Nutrition Ideas Hostess Linda Beardall and Guest Shari Wong, Nutritionist, discuss what nutrition is and does, addressing themselves to the statement *"You are What You Eat"*. The concern for prevention of bad eating habits is reviewed and a number of novel ideas are presented for teaching basic nutrition information to young children. Outlines where information is available on the new teaching programs for children.

Food and Fitness Hostess Linda Beardall with Guest Marnie Davidson, Consultant, Ministry of Health discuss the changing lifestyles of Canadians — with particular emphasis on the results of the Nutrition Canada Survey which reveals 50% of the Canadian population is overweight. The implications of the Survey are reviewed and a discussion on the need to educate people about food and fitness and their relationships is investigated. Again, literature is offered to the viewing public on this topic.

Cost of $100 per half-hour tape with $10 preview charge is credited towards purchase price. Available at present to Ontario schools and Cable TV. Information available from Ontario Dietetic Association, 234 Eglinton Ave. E., Suite 305, Toronto M4P 1K5.

The following films were produced by Informedia, a Vancouver firm headed by John Cassils, M.D., and distributed in Canada by Marlin Motion Pictures. Marlin Motion Pictures has two offices: 47 Lakeshore Road, East, Port Credit, Ontario L5G 1C9 and 666 St. James Street, Suite, 1212, Winnipeg, Manitoba, R3G 3J6. The films are available for preview with a view to purchase and are available for rental as well. Teachers are requested to direct inquiries to their audio-visual department. The descriptions of the films are as follows:

The Fad Diet Circus
Unbalanced fad diets have a short-term effect and this film, spiced with humor, points out the problems as two control groups vie for permancy in weight loss.
14 min., col., purchase $200. rental $20.

Cholesterol: Eat Your Heart Out
The level of cholesterol in various food types and their effect on the body become strikingly evident as high school students switch from a high to low cholesterol diet.
13 min., col., purchase $195. rental $20.

Weight Control: Just A Step Away
The value of activity in weight reduction and control. An excellent program, particularly for the chronically unsuccessful dieter.
12 min., col., purchase $185. rental $20.

Stress
Dr. Hans Selye's findings that there are positive and negative factors to physical and mental well being. Stress without distress is emphasized.
15 min., col., purchase $210. rental $20.

Run For Your Life
Most teenagers and young adults assume they are physically fit, but a group of middle-aged heart attack victims who run 70 miles a week prove differently.
15 min., col., purchase $210. rental $20.

Snacking: Garbage In Your Gut
A fast-paced, humorous look at the junk food kids (and adults) indulge in daily; with a look at some possible alternatives.
14 min., col., purchase $200. rental $20.

Luncheon for the media held at La Sapinière, Val David, Quebec, by the North Atlantic Seafood Association, Denis Monroe, chairman of the NASA Steering Committee is at the head of the table; Kay Spicer is second from right.

by Kay Spicer

NASA PROGRAM FOR SEAFOOD INDUSTRY

A scrumptious luncheon at La Sapihière in the Laurentians launched the formation of the North Atlantic Seafoods Association. Home Economists, food writers and members of the media became acquainted with the variety and superb quality of North Atlantic seafoods such as cod, flounder, sole, pollock, haddock, perch and other delicacies. Prepared by Marcel Kretz, the soul-satisfying meal was a rare gastronomical treat.

Producers and representatives of the North Atlantic fish producing countries — Canada, Norway, Iceland and Denmark — have combined forces to promote seafood effectively as a high quality food and have launched a large, focused program which has the capability of multiplying its effect in the marketplace to that everyone will share the benefits.

The North Atlantic is one of the primary fishing areas of the world and these producers and processors enjoy an enviable reputation in the seafood industry for the care and expertise they lavish on the processing of their fine fish.

For exciting recipes — (Have you ever tried Ocean Perch with Sauerkraut?) — and more information, write to North Atlantic Seafood Association, c/o Presentation of Canada Ltd., 221 Yonge St., Suite 602, Toronto, Ont. M4S 2B4.

PASTA PEOPLE FORM ASSOCIATION

Canada's pasta manufacturers have formed an association to make information on the industry and its products more readily available.

Increased markets as well as the demand created by consumer acceptance of pasta as a protein stretcher were the prime reasons for the for-

mation of the Canadian Pasta Manufacturers Association. The Association's objectives include the promotion of the Canadian pasta industry, sponsorship of research and product development, and general liaison with public and government groups to increase understanding of the industry. A Pasta Information Centre has been established to answer questions about all aspects of the industry and its products. Recipes are also available. The Centre can be reached by telephoning (416) 362-4857, or by writing Box 157, Station A, Toronto, Ontario M5W 1B2.

NOW A THREE-DOOR-SIDE-BY-SIDE REFRIGERATOR

From Canadian General Electric this new 19.2 cubic foot model incorporates a number of added features and a lower retail price than a similar model that had been imported to Canada from the United States. The new three-door-side-by-side model, available in Harvest Gold, White and Avocado, is the first model of its type on the Canadian market that will fit into a 30½-inch wide space, normally required for a standard-sized 15 or 16 cu. ft. top-freezer refrigerator. The freezer section is a full 2 inches wider than on most side-by-sides. CGE has facilities for using foamed-in-place insulation, a polyurethane insulating material — so efficient refrigerators can be produced with increased capacity yet with no increase in cabinet size. The unit's third door, the top portion of the freezer section, provides convenient storage space for frozen foods that are only kept for a short period of time. It cuts down on the usage of the major deep freeze section so helps to reduce the total operating costs of the unit.

COMPUTERIZED QUALITY CONTROL FOR APPLIANCES

At Canadian General Electric's Major Appliance Production Centre in Montreal, $250,000 has been spent over the past year to upgrade equipment used to test all major appliances it produces in Canada — refrigerators, automatic washers and dryers, dishwashers, electric ranges, room air conditioners. The sophisticated computerized quality control equipment can detect the type of faults that might get by the best of inspectors. Along with extensive testing, a regular program of quality audits is performed to ensure that consumers are getting their money's worth.

POINTERS FOR PURCHASING A REFRIGERATOR

An article, "How to Get the Best Value when Buying a Refrigerator", is available for the asking from Communications-Plus, 2279 Yonge St., Suite 15, Toronto 12, Canada.

MORE QUALITY ASSURANCE

Industrial Laboratories of Canada, a division of The Borden Company, Limited, has opened a new laboratory in Montreal. The new facilities will provide microbiological, analytical food plant sanitation consulting services to all food processors and brokers, in meat, fish, dairy, snack, nut products, food catering services and public institutions. "This is a timely venture in view of the concern shared by private industry and regulatory agencies who are constantly assessing food safety standards and the nutritional quality of food supplied in Canada", Dr. C.S. Gelda, Director of Quality Assurance said, in making the announcement.

"MASHED" FRENCH FRIES – BETTER FOR LESS

French fries may soon be produced by a new "no waste" method which uses the entire potato. The new method produces a high quality product—more flavorful, less oily and more economical to produce than the conventional product. It could provide a better product for less money for the consumer. All potatoes may be used, even the small and mis-shapen ones. There are no chemical additives, preservatives or binders in the new process of making French fries from extruded potato mash. It's a physical method of making the product into the desired shape that improves the crispness and rigidity — thus allowing it to absorb less oil during finish-frying.

For home consumption the new processed French fries are fried, packaged and frozen. Eight to 10 minutes for heating in the home oven is all that is necessary. Potatoes prepared for institutional use are not fried prior to freezing. These products have been test-marketed and may be commercially available by the end of the year.

SLIDE RULE FOR INSTANT CALCULATION OF TOTAL CALORIES, FAT, CARBOHYDRATES AND PROTEIN

Dietitians need no longer resort to laborious calculations, thanks to a new slide rule developed by Yuwan Company, New York, (Patent Pending). Amazingly efficient and simple to use, the slide rule permits calculation of total calories, fat, carbohydrates and protein in a matter of seconds. Although it was only recently introduced, thousands are already in use in hospitals and other institutions. Further details are available from: Yuwan Company, P.O. Box 559, Midtown Station, New York, N.Y., 10018.

RUBBERMAID INTRODUCED MAX^{tm} AT HOSTEX '75

Recently, Rubbermaid introduced the first see-through, all purpose polycarbonate food handling and storage containers to the Institutional and Commercial Food Service Industry.

Now, Rubbermaid has introduced MAX^{tm}, the first all polycarbonate Preparation /storage / transportation system which combines cart, rack and food boxes in one mobile unit.

The same high performance material (polycarbonate) put into the unbreakable food boxes is now part of a total system for everything from receiving to preparation to storage and freezing; from transporting to service to bussing. It has been designed with interchangeable components.

MAX^{tm} won't rust, crack, or lose its shape; it resists scratches and dents, and will withstand temperatures from -200° to +200°F. For further information contact: Mrs. Linda Watson, Public Relations Coordinator, Rubbermaid (Canada) Limited, 2562 Stanfield Road, Mississauga, Ontario L4Y 1S5.

The International Federation for Home Economics

by Isabel Horne, President IFHE

WHAT IS THE INTERNATIONAL FEDERATION FOR HOME ECONOMICS?

As President, this is a question I am called on to answer quite frequently. IFHE is an organization which links together Home Economists throughout the world. Those forming its membership come from widely differing fields and from countries at various stages of development and degrees of affluence. The intrinsic value of such an organization is in the sharing of experience and knowledge between member. groups and individuals.

This leads to increased understanding of problems and difficulties experienced, and to an application of what is being done, and can be done, throughout the world to overcome these. It also leads to the using of the Home Economist, and the knowledge of Home Economics, in an ever-widening sphere of activity. A further contribution is that a sharing of knowledge leads to growth of that knowledge as the needs to be met are seen.

Investigation, research, dissemination of research, and application of findings means an alleviation of many problems, but also paves the way for new work and further development of the discipline of Home Economics.

HOW DOES THE FEDERATION OPERATE?

The Federation consists of associate members who are individuals interested in Home Economics. These, in their turn, may belong to a member group of IFHE. These are bodies of Home Economists who have a professional training and interest and have organized themselves to further Home Economics in their particular sphere.

These members in their turn are often members of a national group, (such as CHEA) the purpose of which is to bring together Home Economists from all over the nation. Again national groups may be working in sympathy with the Regional Groups of IFHE which are in four areas comprising, the Americas, the European and African Region, the Asian Region and the Pacific Region. The President and Vice-Presidents of IFHE each assume a regional responsibility.

The members of IFHE send a delegate to Council once every two years. This Council formulates policy as suggested by the members, and elects the Executive Committee and office bearers from nominations made by those members. The Exective Committee meets annually to implement policy and review the financial situation of the Federation. The Treasurer-General is responsible for overseeing the financial affairs. The Secretary-General conducts the day-to-day affairs of the Federation with the assistance of the Permanent Delegate. The Vice-Presidents support the President in her work. The President is ultimately responsible to each member, individual and group for the Constitutional conduct of the Federation's activities. The President is elected every four years at the time of the Quadrenniel Congress.

THE IFHE CONGRESS IN CANADA

The XIIIth of these Congresses will be held in Ottawa in July, 1976. The theme is *"Life, not Just Survival"*. I shall be keeping you further informed of this, as will your own Association which has a most active Committee organizing the venue and practical operations for the Federation.

Public Service Canada / Fonction publique Canada

THIS COMPETITION IS OPEN TO BOTH MEN AND WOMEN

Health and Welfare Canada — Health Protection Branch — Medical Services Branch, Ottawa, Ontario.

SALARY: $15,031 — $24,600

CONSULTANT, APPLIED NUTRITION, NUTRITION DIVISION — Comp. No: 75-STP-16-102 ( )

DUTIES: Advises, on request, provincial departments of health, other government departments and agencies, as well as divisions and branches within the department on studies and projects related to food consumption, community nutrition and related nutrition research; promotes research in public health nutrition in Canadian universities; participates in the work of, and establishes and maintains liaison with professional and advisory organizations.

CONSULTANT, NUTRITION, MEDICAL SERVICES BRANCH — Comp. No: 75-STP-16-103 ( )

DUTIES: Prepares and provides advice to health field representatives of governmental departments and agencies, on studies and projects related to food consumption and nutrition of all native people. Carriers out effective liaison with professional, educational and advisory organizations, and maintains a close liaison with provincial and federal nutritionists and with the Medical Services Branch Regions.

QUALIFICATIONS FOR BOTH POSITIONS:

University graduation with specialization in nutrition, dietetics or home economics. Demonstrated ability to perform effectively in an advisory capacity at a national level, thorough knowledge normally acquired by post-graduate work, continuing study and research related to nutritional and dietary assessments. Thorough knowledge of science of nutrition; food composition and dietetics. Comprehensive knowledge of departmental objectives, policies and activities related to health programs. Ability to analyse, evaluate, plan, organize, direct and communicate.

Interested candidates should apply BEFORE OCTOBER 24, 1975, to:
SCIENCES AND TECHNOLOGY PROGRAM, PUBLIC SERVICE COMMISSION OF CANADA, TOWER "A", PLACE DE VILLE, OTTAWA, ONTARIO K1A 0M7.
Please quote the appropriate competition number on all correspondence.

CONCOURS OUVERT EGALEMENT AUX HOMMES ET AUX FEMMES

Santé et bien-être social Canada — Protection de la Santé — Services Médicaux, Ottawa, Ontario.

TRAITEMENT : $15 031 — $24 600

CONSEILLER EN HYGIENE ALIMENTAIRE APPLIQUEE — No. de concours : 75-STP-16-102 ( )

FONCTIONS: Conseiller les ministères provinciaux de la santé, les agences et autres administrations publiques ainsi que les divisions et les directions du ministère concernant des études et des projets relatifs à la consommation alimentaire, la nutrition communautaire et la recherche en hygiène alimentaire; promouvoir la recherche en hygiène alimentaire publique dans les universités canadiennes; contribuer aux travaux d'organismes professionnels et consultatifs; établir et entretenir des rapports avec eux.

CONSEILLER EN NUTRITION, DIRECTION DES SERVICES MEDICAUX — No. de concours: 75-STP-16-103 ( )

FONCTIONS: Selon les directives générales, conseiller les représentants locaux des ministères gouvernementaux et des agences de la santé concernant la préparation d'études et de projets reliés à la nutrition et à la consommation alimentaire de tous les autochtones; établir des communications efficaces avec les associations professionnelles, éducatives et consultatives; maintenir des liens étroits avec les nutritionistes des organismes provinciaux et fédéraux ainsi qu'avec les différents bureaux régionaux de la Direction des Services médicaux.

CONDITIONS DE CANDIDATURE POUR LES DEUX POSTES :

Diplôme universitaire avec spécialisation en nutrition, en diététique, ou en sciences domestiques. Aptitude manifeste à remplir efficacement les fonctions de Conseiller au niveau national grâce aux connaissances normalement acquises par des études supérieures, par la formation permanente et la recherche ayant trait à des évaluations au point de la nutrition et de la diététique. Connaissance approfondie de la science de l'alimentation; de la composition des aliments ainsi que la diététique. Vaste connaissance des objectifs, des politiques et de l'activité du ministère relatifs aux programmes de la santé. Aptitude à analyser, évaluer, organiser, planifier, diriger et communiquer.

Les intéressés doivent faire parvenir leur demande AVANT LE 24 OCTOBRE 1975, à l'adresse suivante: CADRES DES SCIENCES ET DE LA TECHNOLOGIE, COMMISSION DE LA FONCTION PUBLIQUE DU CANADA, TOUR "A", PLACE DE VILLE, OTTAWA, ONTARIO K1A 0M7. Prière de rappeler le numéro de concours approprié.

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Please send me a free sample copy of "Your Automobile Dollar" with information about how to purchase it in quantity along with other educational materials.

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(Offer expires June 30, 1976.)